



# Family Advocacy

## UPCOMING CLASSES

### Playgroup

A much needed social and fun environment for parents, childcare providers, and children. No registration is required. Join us at the Child Development Center, Building 1776.

### Childbirth Education

A six week course designed to help parents prepare for childbirth and parenting. Relaxation and other coping techniques will be presented, along with the basic anatomy and physiology of the birth process, pain relief, and hospital procedures. Registration is required. Classes are located at the Community Support Center, Building 1520.

### Disciplining Your Child

Learn why children misbehave and what you can do to change their undesirable behavior. Free childcare is provided and registration is required. Class is located in the Child Development Center, Building 1776.

### Potty Training

A class designed to teach parents what signals toddlers give that indicate they are ready for this important step. Free childcare is provided and registration is required. Class is located in the Child Development Center, Building 1776.

### Successful Stepfamilies

A seminar designed to provide participants practical suggestions to deal with the challenges they encounter, including step-parenting concerns. Free childcare is provided and registration is required. Seminar is located in the Post Chapel, Building 1776.

### Protecting Your Child From Predators

A class designed to teach parents how to protect their children from being abducted or sexually abused. Free Parent Guides and lunch will be provided. Registration is required. Class is located in Community Support Center, Building 1520, Classroom #4.



All programs are open to military and civilian employees. Participants who attend any of the classes can receive up to a 10 percent discount on their monthly childcare fees at the Child Development Center and School Age/Youth Services. Active duty military personnel may be eligible to receive credit toward promotion points for class participation.

Registration is required for all classes unless otherwise specified. [www.detrack.army.mil/wellbeing](http://www.detrack.army.mil/wellbeing)

JANUARY	MON	TUE	WED	THU	FRI
	3	4	5 Playgroup 1000-1100	6	7 Playgroup 1000-1100
	10	11	12 Playgroup 1000-1100	13	14 Playgroup 1000-1100
	17	18	19	20	21
	24	25	26 Playgroup 1000-1100  Disciplining Your Child 1830-2000	27 Successful Stepfamilies 1730-1830	28 Playgroup 1000-1100

FEBRUARY	MON	TUE	WED	THU	FRI
			1 Playgroup 1000-1100	2 3	4 Playgroup 1000-1100
	7	8	9 Playgroup 1000-1100	10	11 Playgroup 1000-1100
	14	15	16 Playgroup 1000-1100	17	18 Playgroup 1000-1100
	21	22	23 Playgroup 1000-1100  Potty Training 1830-2000	24	25 Playgroup 1000-1100
	28				

MARCH	MON	TUE	WED	THU	FRI
		1 Playgroup, 1000-1100	2 Childbirth Education 1830-2030	3	4 Playgroup 1000-1100
	7	8 Playgroup, 1000-1100	9 Childbirth Education 1830-2030	10 Protect Your Child from Predators 1130-1230	11 Playgroup 1000-1100
	14	15 Playgroup, 1000-1100	16 Childbirth Education 1830-2030	17	18 Playgroup 1000-1100
	21	22	23	24	25 Playgroup 1000-1100
	28	29 Playgroup, 1000-1100	30 Childbirth Education 1830-2030	31	



*"Building Stronger Relationships!"*